

Aimee J.V. Mabini, MD, FRCSC
Otolaryngology - Head & Neck Surgery

3075 Hospital Gate, Suite 323, Oakville, ON L6M1M1

Telephone: 905-815-1704 Fax: 905-815-1706

POST-OPERATIVE INSTRUCTIONS – EAR SURGERY

TYMPANOPLASTY/MASTOIDECTOMY/STAPEDECTOMY

EXPECTED DATE OF DISCHARGE: Same day discharge unless otherwise instructed by your doctor.

NUTRITION: Regular diet as tolerated. Mild change in your taste is also possible temporarily. Do not use straws to drink as there will increase pressure in your ear.

ACTIVITY: No exercise for minimal one week. Dizziness and nausea can be expected for up to a week. It may be more comfortable to sleep on the unaffected side and to sleep with head elevation. You may return to school/work usually after one week. Check with Dr. Mabini if you are planning to travel by air.

MEDICATION: Take pain medication as prescribed or take Tylenol 1-2 tablets every 3-4 hours as needed. Usually there is minimal pain if you have an endoscopic ear procedure.

HYGIENE: Replace outer cotton ball from the ear as often as necessary. There is usually sponge –like packing inside the ear canal. Therefore be careful NOT to remove the packing when you change the cotton ball on the outside. If the packings come out, it is not an emergency but you should call the office. If Dr. Mabini prescribes an ear drop, put the drops into the ear while lying on your side for 1-2 minutes. Keep a towel over the pillow when you sleep as the ear may drain/ooze.

DRESSINGS: If there is an incision made behind the ear, you may have stitches or staples, Dr. Mabini will remove your stitches on your next visit. Keep the wound dry. You may apply polysporin ointment to the wound and tape gauze over the ear/wound or leave it open to air. There may be small bruises in the corner of your eye/side or nose/ corner of lip from the electrode needles inserted in those areas if a facial nerve monitor was used during your case. You may apply ice-pack to the area as needed.

SPECIFIC INSTRUCTIONS: Do not clear or blow your nose. If you must sneeze or cough, open your mouth.

FOLLOW UP: A 1 Week follow up appointment will be arranged

CONTACT YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT IF:

1. Persistent fever over 38.3°C or 101°F.
2. **IF** there is excessive bleeding or odorous drainage from your ear/infection.
3. **IF** there is persistent vomiting and possible dehydration.
4. **IF** you are unable to move the side of your face you had the ear operation.

323-3075 Hospital Gate
Oakville, ON. L6M 1M1
PH: 905-815-1704 FX: 905-815-1706
MDOOfficeOakville@gmail.com